

# LISTE DES ALLERGÈNES

|  Date | Plat                                          | Lait                | Blé /<br>Gluten | Oeuf | Poisson | Sulfites | Fruits à<br>coques | Crustacés | Mollusques | Soja | Céleri | Arachides                 | Moutarde | Sésame | Lupin |
|----------------------------------------------------------------------------------------|-----------------------------------------------|---------------------|-----------------|------|---------|----------|--------------------|-----------|------------|------|--------|---------------------------|----------|--------|-------|
| <b>Période du 22 juillet au 28 juillet</b>                                             |                                               | <b>Elémentaires</b> |                 |      |         |          |                    |           |            |      |        | <b>MAIRIE DE NARBONNE</b> |          |        |       |
| lun 22 juillet                                                                         | Hors d'œuvre local 02                         |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Salade verte et maïs BIO                      |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Jambon blanc paris                            |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Jambon de poulet                              |                     |                 |      |         |          |                    |           |            | X    |        |                           |          |        |       |
|                                                                                        | Coquillettes BIO                              |                     | X               |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Tomme blanche                                 | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Bûchette mi-chèvre                            | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Crème dessert chocolat                        | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Crème dessert vanille                         | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Vinaigrette basilic                           |                     |                 |      |         | X        |                    |           |            |      |        |                           | X        |        |       |
|                                                                                        | Emmental râpé                                 | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
| GOUTER 3                                                                               | Bongateau fraise                              | X                   | X               | X    |         |          |                    |           |            | X    |        |                           |          |        |       |
|                                                                                        | Gouda                                         | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Fruit de saison                               |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Jus d'ananas                                  |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
| mar 23 juillet                                                                         | Nem au poulet                                 |                     | X               |      |         |          |                    |           |            | X    |        |                           |          |        |       |
|                                                                                        | Samoussa au légume                            |                     | X               |      |         |          |                    |           |            | X    |        |                           |          |        |       |
|                                                                                        | Boulettes de veau sauce dijonnaise            | X                   | X               |      |         | X        |                    |           |            | X    |        |                           | X        |        |       |
|                                                                                        | Purée de pommes de terre et courgettes maison | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Edam                                          | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Mimolette                                     | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Compote de pomme-abricot bio                  |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Compote pomme-banane BIO                      |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
| GOUTER 7                                                                               | Gaufre                                        | X                   | X               | X    |         |          |                    |           |            | X    |        |                           |          |        |       |
|                                                                                        | Saint Nectaire                                | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Fruit de saison                               |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Jus de pommes                                 |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
| mer 24 juillet                                                                         | Concombres en salade                          |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Laitue Iceberg et croûtons                    | X                   | X               |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Sauté de bœuf sauce olives                    |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Boullgour aux petits légumes Bio              |                     | X               |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Yaourt aromatisé                              | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Yaourt nature sucré                           | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Melon jaune                                   |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Abricots locaux                               |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
| GOUTER 4                                                                               | Barre de chocolat                             |                     |                 |      |         |          |                    |           |            | X    |        |                           |          |        |       |
|                                                                                        | Camembert                                     | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Compote de pommes                             |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Jus d'oranges                                 |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
| jeu 25 juillet                                                                         | Salade de spirale à la parisienne BIO         |                     | X               |      |         | X        |                    |           |            |      |        |                           | X        |        |       |
|                                                                                        | Salade de blé bio californienne               |                     | X               |      |         | X        |                    |           |            |      |        |                           | X        |        |       |
|                                                                                        | Omelette nature BIO                           | X                   |                 | X    |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Ratatouille maison                            |                     |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |
|                                                                                        | Petit moulé nature                            | X                   |                 |      |         |          |                    |           |            |      |        |                           |          |        |       |

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|----------------------------------------------------------------------------------------|----------------------------|------|-----------------|------|---------|----------|--------------------|-----------|------------|------|--------|-----------|----------|--------|-------|
|                                                                                        | Pavé demi sel              | X    |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Melon charentais           |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Abricots locaux            |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
| <b>GOUTER 6</b>                                                                        | Fourrandise à l'abricot    | X    | X               | X    |         |          |                    |           |            | X    |        |           |          |        |       |
|                                                                                        | Edam                       | X    |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Compote de pommes          |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Jus d'ananas               |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
| <b>ven 26 juillet</b>                                                                  | Pastèque                   |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Calamar à la romaine       |      | X               |      |         |          |                    |           | X          |      |        |           |          |        |       |
|                                                                                        | Haricots verts bio à l'ail |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Vache qui rit Bio          | X    |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                        | Cake au chocolat maison    | X    | X               | X    |         |          |                    |           |            | X    |        |           |          |        |       |

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|  Narbonne | Date | Plat            | Lait | Blé /<br>Gluten | Oeuf | Poisson | Sulfites | Fruits à<br>coques | Crustacés | Mollusques | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |
|--------------------------------------------------------------------------------------------|------|-----------------|------|-----------------|------|---------|----------|--------------------|-----------|------------|------|--------|-----------|----------|--------|-------|
| GOUTER 5                                                                                   |      | Flibustier      | X    | X               | X    |         |          | X                  |           |            | X    |        |           |          |        |       |
|                                                                                            |      | Saint Paulin    | X    |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                            |      | Fruit de saison |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |
|                                                                                            |      | Jus d'oranges   |      |                 |      |         |          |                    |           |            |      |        |           |          |        |       |

# LISTE DES ALLERGÈNES

|  Narbonne | Date | Plat                                          | Lait | Blé /<br>Gluten | Oeuf | Poisson | Sulfites | Fruits à<br>coques | Crustacés | Mollusques                | Soja | Céleri | Arachides | Moutarde | Sésame | Lupin |  |
|--------------------------------------------------------------------------------------------|------|-----------------------------------------------|------|-----------------|------|---------|----------|--------------------|-----------|---------------------------|------|--------|-----------|----------|--------|-------|--|
| <b>Période du 22 juillet au 28 juillet</b>                                                 |      | <b>Maternelles</b>                            |      |                 |      |         |          |                    |           | <b>MAIRIE DE NARBONNE</b> |      |        |           |          |        |       |  |
| lun 22 juillet                                                                             |      | Hors d'oeuvre local 02                        |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jambon blanc paris                            |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jambon de poulet                              |      |                 |      |         |          |                    |           |                           | X    |        |           |          |        |       |  |
|                                                                                            |      | Coquillettes BIO                              |      | X               |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Crème dessert chocolat                        | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Emmental râpé                                 | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| GOUTER 3                                                                                   |      | Bongateau fraise                              | X    | X               | X    |         |          |                    |           |                           | X    |        |           |          |        |       |  |
|                                                                                            |      | Gouda                                         | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Fruit de saison                               |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jus d'ananas                                  |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| mar 23 juillet                                                                             |      | Boulettes de veau sauce dijonnaise            | X    | X               |      |         | X        |                    |           |                           | X    |        |           |          | X      |       |  |
|                                                                                            |      | Purée de pommes de terre et courgettes maison | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Edam                                          | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Compote de pomme-abricot bio                  |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| GOUTER 7                                                                                   |      | Gaufre                                        | X    | X               | X    |         |          |                    |           |                           | X    |        |           |          |        |       |  |
|                                                                                            |      | Saint Nectaire                                | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Fruit de saison                               |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jus de pommes                                 |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| mer 24 juillet                                                                             |      | Concombres en salade                          |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Sauté de bœuf sauce olives                    |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Boullgour aux petits légumes Bio              |      | X               |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Yaourt aromatisé                              | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| GOUTER 4                                                                                   |      | Barre de chocolat                             |      |                 |      |         |          |                    |           |                           | X    |        |           |          |        |       |  |
|                                                                                            |      | Camembert                                     | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Compote de pommes                             |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jus d'oranges                                 |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| jeu 25 juillet                                                                             |      | Salade de spirale à la parisienne BIO         |      | X               |      |         | X        |                    |           |                           |      |        |           |          | X      |       |  |
|                                                                                            |      | Omelette nature BIO                           | X    |                 | X    |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Ratatouille maison                            |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Melon charentais                              |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| GOUTER 6                                                                                   |      | Fourrandise à l'abricot                       | X    | X               | X    |         |          |                    |           |                           | X    |        |           |          |        |       |  |
|                                                                                            |      | Edam                                          | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Compote de pommes                             |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jus d'ananas                                  |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
| ven 26 juillet                                                                             |      | Pastèque                                      |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Calamar à la romaine                          |      | X               |      |         |          |                    |           | X                         |      |        |           |          |        |       |  |
|                                                                                            |      | Haricots verts bio à l'ail                    |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Cake au chocolat maison                       | X    | X               | X    |         |          |                    |           |                           | X    |        |           |          |        |       |  |
| GOUTER 5                                                                                   |      | Flibustier                                    | X    | X               | X    |         |          | X                  |           |                           | X    |        |           |          |        |       |  |
|                                                                                            |      | Saint Paulin                                  | X    |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Fruit de saison                               |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |
|                                                                                            |      | Jus d'oranges                                 |      |                 |      |         |          |                    |           |                           |      |        |           |          |        |       |  |

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|  Narbonne | Date                                          | Plat               | Lait | Blé /<br>Gluten | Oeuf | Poisson | Sulfites | Fruits à<br>coques | Crustacés | Mollusques | Soja | Céleri                    | Arachides | Moutarde | Sésame | Lupin |
|--------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------|------|-----------------|------|---------|----------|--------------------|-----------|------------|------|---------------------------|-----------|----------|--------|-------|
| <b>Période du 22 juillet au 28 juillet</b>                                                 |                                               | <b>SANS VIANDE</b> |      |                 |      |         |          |                    |           |            |      | <b>MAIRIE DE NARBONNE</b> |           |          |        |       |
| lun 22 juillet                                                                             | Hors d'oeuvre local 02                        |                    |      |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Nuggets de blé nature                         |                    |      | X               |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Coquillettes BIO                              |                    |      | X               |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Tomme blanche                                 |                    | X    |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Crème dessert vanille                         |                    | X    |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Emmental râpé                                 |                    | X    |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
| mar 23 juillet                                                                             | Samoussa au légume                            |                    |      | X               |      |         |          |                    |           |            | X    |                           |           |          |        |       |
|                                                                                            | Stick végétarien cocktail basilic             |                    |      | X               | X    |         | X        |                    |           |            |      | X                         |           | X        |        |       |
|                                                                                            | Purée de pommes de terre et courgettes maison |                    | X    |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Edam                                          |                    | X    |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Compote de pomme-abricot bio                  |                    |      |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
| mer 24 juillet                                                                             | Concombres en salade                          |                    |      |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Pavé poisson mariné à la provençale           |                    |      | X               |      | X       |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Boulgour aux petits légumes Bio               |                    |      | X               |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Yaourt aromatisé                              |                    | X    |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |
|                                                                                            | Melon jaune                                   |                    |      |                 |      |         |          |                    |           |            |      |                           |           |          |        |       |